AREA AGENCY ON AGING
FOR NORTH FLORIDA, INC.
and
AGING AND DISABILITY RESOURCE CENTER

PUBLIC HEARING
AREA PLAN ON AGING

Jackson County Senior Citizens Organization
2931 Optimist Drive, Marianna, Florida
Monday, July 25, 2016 1:30 p.m., Central Time

Gadsden Senior Services
79 LaSalle Leffall Drive, Quincy, Florida
Wednesday, August 17, 2016, 10:30 a.m., Eastern Time

For the period January 1, 2017 – December 31, 2019
The mission of the Area Agency on Aging for North Florida, Inc. is to plan, coordinate, and advocate for programs and services which promote the independence, dignity, health, and well-being of seniors and caregivers.
<table>
<thead>
<tr>
<th>Planning and Service Area 2</th>
<th>Lead Agencies</th>
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<tbody>
<tr>
<td><strong>Bay County Council on Aging</strong></td>
<td><strong>Jefferson County Senior Citizens Center</strong></td>
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<tr>
<td>Beth Coulliette, Executive Director</td>
<td>Diane Fincham, Executive Director</td>
</tr>
<tr>
<td><a href="mailto:edBay@aaanfleads.org">edBay@aaanfleads.org</a></td>
<td><a href="mailto:edJefferson@aaanfleads.org">edJefferson@aaanfleads.org</a></td>
</tr>
<tr>
<td>850.769.3468</td>
<td>850.342.0271</td>
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<tr>
<td><strong>Calhoun County Senior Citizens Assn.</strong></td>
<td><strong>Elder Care Services (Leon County)</strong></td>
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<tr>
<td>Marilyn Russell, Executive Director</td>
<td>Mark Baldino, CEO</td>
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<tr>
<td><a href="mailto:edCalhoun@aaanfleads.org">edCalhoun@aaanfleads.org</a></td>
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<tr>
<td>850.674.4163</td>
<td>850.921.5554</td>
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<tr>
<td><strong>Franklin County:</strong></td>
<td><strong>Liberty County Senior Citizens Assn.</strong></td>
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<tr>
<td><em>see Liberty County Senior Citizens Assn.</em></td>
<td>Ann Kincaid, Executive Director</td>
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<td></td>
<td><a href="mailto:edLiberty@aaanfleads.org">edLiberty@aaanfleads.org</a></td>
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<td></td>
<td>850.643.5613</td>
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<tr>
<td><strong>Gadsden Senior Services</strong></td>
<td><strong>Senior Citizens Council of Madison Co.</strong></td>
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<tr>
<td>Stacey Hannignon, Executive Director</td>
<td>Rosa Richardson, Executive Director</td>
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<td><a href="mailto:edGadsden@aaanfleads.org">edGadsden@aaanfleads.org</a></td>
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<tr>
<td>850.627.9758</td>
<td>850.973.2006</td>
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<td><strong>Gulf County Senior Citizens Assn.</strong></td>
<td><strong>Taylor Senior Citizens Center, Inc.</strong></td>
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<tr>
<td>Russell Scholz, Executive Director</td>
<td>Jamie Williams, Executive Director</td>
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<tr>
<td><a href="mailto:edGulf@aaanfleads.org">edGulf@aaanfleads.org</a></td>
<td><a href="mailto:edTaylor@aaanfleads.org">edTaylor@aaanfleads.org</a></td>
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<tr>
<td>850.229.8466</td>
<td>850.584.4924</td>
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<tr>
<td><strong>Holmes County Council on Aging</strong></td>
<td><strong>Wakulla County Senior Citizens Council</strong></td>
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<tr>
<td>Amber Wing, Executive Director</td>
<td>R. H. Carter, Interim Director</td>
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<tr>
<td><a href="mailto:edHolmes@aaanfleads.org">edHolmes@aaanfleads.org</a></td>
<td><a href="mailto:edWakulla@aaanfleads.org">edWakulla@aaanfleads.org</a></td>
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<tr>
<td>850.547.2345</td>
<td>850.926.7145</td>
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<td><strong>Jackson County Senior Citizens Org.</strong></td>
<td><strong>Washington County Council on Aging</strong></td>
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<tr>
<td>Denease Rhynes, Executive Director</td>
<td>Anita Ingersoll, Executive Director</td>
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<tr>
<td><a href="mailto:edJackson@aaanfleads.org">edJackson@aaanfleads.org</a></td>
<td><a href="mailto:edWashington@aaanfleads.org">edWashington@aaanfleads.org</a></td>
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<tr>
<td>850.263.4650 Graceville</td>
<td>850.638.6216</td>
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<tr>
<td>850.482.5028 Marianna</td>
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<tr>
<td>BOARD OF DIRECTORS</td>
<td>ADVISORY COUNCIL</td>
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<tr>
<td>Ed Wood, President</td>
<td>Sterling Dupont, President</td>
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<td>Washington County</td>
<td>Gadsden County</td>
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<tr>
<td>Marc Moncrief, 1st Vice President</td>
<td>Shirley Owens, Vice President</td>
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<tr>
<td>Leon County</td>
<td>Holmes County</td>
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<tr>
<td>Connie Williford, 2nd Vice President</td>
<td>Eleanor Grammar</td>
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<td>Calhoun County</td>
<td>Bay County</td>
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<tr>
<td>Beverly Dusseault, Secretary</td>
<td>Vacant</td>
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<td>Bay County</td>
<td>Calhoun County</td>
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<td>Mincie Carnley, Treasurer</td>
<td>Vacant</td>
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<td>Holmes County</td>
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<td>Nancy Brush</td>
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<td>Robert Presnell</td>
<td>Jackson County</td>
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<td>Gadsden County</td>
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<td>Cherry Smith</td>
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<td>Dorothy Hyatt</td>
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<td>Lettie White</td>
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<td>Dave Vincent</td>
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<td>Leon County</td>
<td>George Williams</td>
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<td>Sue Roth</td>
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<td>Liberty County</td>
<td>Taylor County</td>
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<td>Alphonas Alexander</td>
<td>Fran Pybus</td>
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<td>Madison County</td>
<td>Wakulla County</td>
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<td>Harriet Rich</td>
<td>Mary Temples</td>
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<td>Wakulla County</td>
<td>Washington County</td>
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<td>Eddie Fields</td>
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<td>At-Large</td>
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<td>Kathy Brown</td>
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AGING AND DISABILITY RESOURCE CENTER

The Area Agency on Aging for North Florida, Inc. became a designated Aging and Disability Resource Center in February 2012, following its implementation and operations as an Aging Resource Center since August 2008.

The ADRC utilizes the statewide Elder Helpline for the fourteen county planning and service area, which serves as the starting point for individuals to access information, referral and assistance regarding long-term care service options for elders or developmentally disabled adults. The Elder Helpline can be reached by calling, toll-free, 1-800-963-5337. Callers inquiring about aging services available in PSA 2, who reside in other parts of the state can access the Elder Helpline toll-free by calling 1-866-467-4624.

The ADRC provides a One-Stop entry point for consumers and professionals who have questions about insurance, meals, in-home services, or other issues of interest and importance to elders, persons with disabilities and caregivers. Our database includes 842 resources in PSA2 with access to 7,762 statewide. Lead agencies and their local partners, medical and home health providers, board members, advisory council members, Coalition on Aging members, and ADRC staff are all referring consumers to the ADRC for assistance. Call volume within the ADRC has increased from 5,532 call transactions in 2008 to 35,106 in 2015, indicating significant buy-in to the seamless intent of the initiative.

In order to ensure a seamless system for accessing information, referral and long-term care services, the ADRC utilizes the 701S assessment tool to screen and enroll individuals on the priority lists for all programs that may meet their needs. Individuals with greatest need are served first and the ADRC staff assist in completing the eligibility process for the Statewide Medicaid Managed Care Long Term Care Program (SMMC LTC). Others who are not eligible for this program are referred to Lead Agencies in their communities for inclusion in state-funded programs as funding is available.

1-800-963-5337

CONTACT US!
1. **Community Care for the Elderly (CCE)**
   Community Care for the Elderly is a program funded by the state that assists elders age in place in their own communities. The CCE program provides Case Management services to assess functionally challenged elders and engage them in planning for services to assist them in achieving the highest level of independence and quality of life in their homes.

   In addition to case management, the services available may include:
   - Companionship
   - Homemaking
   - Home Delivered Meals
   - Personal Care
   - Respite for care partners
   - Emergency Alert Response
   - Adult Day Care (in Leon County only)
   - Specialized Medical Equipment, Services and Supplies

   CCE is not means tested but participants are responsible for a monthly co-pay based on the individual’s income.

2. **Alzheimer’s Disease Initiative (ADI)**
   The Alzheimer’s Disease Initiative is a state funded program that provides services to meet the special needs of individuals with Alzheimer’s disease and related memory disorders. PSA 2 is home to a state-funded Memory Disorder Clinic at Tallahassee Memorial Hospital, which provides medical diagnosis and treatment for individuals experiencing the symptoms of dementia. The 14 Lead Agencies of the PSA provide Case Management services to assess individuals living with dementia and engage them and their care partners in planning for services to assist them in achieving the highest level of independence and quality of life in their homes.

   In addition to case management, the services available may include:
   - Respite for care partners
• Care Partner Education and Support
• Specialized Medical Equipment, Services and Supplies

ADI is not means tested but participants are responsible for a monthly co-pay based on the individual’s income.

In addition, the Alzheimer’s Project receives Legislative Special Project funding through this funding category to provide supportive services and respite for these care partners.

AAANF collaborates with the Tallahassee Memorial Neuroscience Center Memory Disorder Clinic and the Alzheimer’s Project to provide an annual training and education program for professional care partners.

3. **Local Service Program (LSP)**
AAANF funds services through the Local Service Program for Expanded Adult Day Care Service and In-Home Respite for those unable to attend the Adult Day Care. Elder Care Services (Leon County Provider) has one of the only licensed Adult Day Health Care Programs in PSA 2 and receives the LSP contract through AAANF. Elder Care Service has established a partnership with Tallahassee Memorial Hospital (TMH) Adult Day Health Care Facility to provide choice and honor individual preferences for this service.

4. **Home Care for the Elderly (HCE)**
Home Care for the Elderly is a state-funded program that provides subsidy payments to help care partners maintain functionally impaired, low-income elders in their own home or in the home of the care partner. The monthly basic subsidy payment is made to the care partner for support and health maintenance and to assist with specialized health care needs. An eligible HCE participant must be at-risk for nursing home placement. Additional services are available as determined by the case manager, elder and care partner.
5. **Older Americans Act, Title III-B and III-C**

Older Americans Act funding provides, in addition to a comprehensive array of services, the administrative infrastructure to deliver all of the other programs listed in this section. The AAA/ADRC contracts with provider agencies to obtain supportive, in-home and nutrition services for functionally challenged elders. They also provide congregate meals and oversee multi-purpose senior center activities.

Services are to be targeted to those in the greatest social or economic need with particular emphasis on culturally and racially diverse minority elders with low incomes and older individuals residing in rural areas. Older Americans Act programs administered by the AAA/ADRC include:

- Title III-B Supportive Services/In-Home
- Title III-C Nutrition Services

The federally-funded Older Americans Act provides a variety of supportive in-home and community based services. Many service options are available through Titles III-B and III-C. Services offered under the act include, but are not limited to:

- Congregate Meals
- Counseling
- Chore
- Home Delivered Meals
- Housing Improvement
- Nutrition Education
- Personal Care
- Respite Care
- Transportation

6. **Nutrition Service Incentive Program (NSIP)**

This program supplements funding for food used in meals served under the Older Americans Act. The funding provides incentives to efficiently and effectively deliver nutritious meals to older individuals and has a positive effect on the quality and number of meals provided to needy clients.
7. **Older Americans Act IIIE National Family Caregiver Support Program**
This program targets family care partners of persons over 60, grandparents or other individuals over 55 taking care of minor children or disabled adults over 18 years of age.

These funds have been awarded to initiate In-Facility Respite Services for three Lead Agencies, Legal Assistance Services for Grandparents and other relatives parenting minor children or disabled adults and care partners of older adults, expansion of support and training for care partners with two community agencies, and funding for a support and training program for Grandparents raising minor children at the Tallahassee Senior Center.

8. **Older Americans Act IIID Health and Wellness Programs**
Working with local organizations, AAANF staff provides a variety of high level evidence-based Health and Wellness Programs to maximize and improve the independence, health, and quality of life for elders in all 14 counties in the PSA.

- **Tai Chi: Moving For Better Balance**
  An evidence-based falls prevention workshop that has been proven to decrease the number or falls and risk of falling in older adults. The class has many benefits associated with it, including social and mental well-being, balance and daily physical function, self-confidence in performing daily activities, personal independence, and quality of life and over health. It is a simplified 8-form version of Tai Chi that is offered in community settings. Participants are led by a certified trainer, and can meet for 12, 16, or 24 weeks.

- **Walk with Ease**
  A program developed by the Arthritis Foundation, it is a 6-week workshop that meets 3 times a week, and is designed for individuals with arthritis or other ongoing health conditions, to increase physical activity levels. The program has shown to reduce disability, pain, fatigue, and stiffness, as well as improve balance, strength, and walking pace. Through health education at each session, participants
will learn about arthritis and ways to help themselves, learn stretching techniques, and will be able to walk at his/her own pace.

- **Powerful Tools for Caregivers**
  A self-care education program for family caregivers to improve self-care behaviors, management of emotions, self-efficacy, and use of available community resources. Caregivers will develop a wealth of self-care tools and will have the knowledge to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare or service providers, communicate more effectively in challenging situations, and make tough caregiving decisions. The class meets once a week for 6 weeks, and is led by 2 trained leaders.

- **A Matter of Balance**
  This is a falls prevention workshop for individuals who have a fear of falling and want to increase activity levels. The workshop meets 8 times, over the span of 4 or 8 weeks, and is led by 2 trained coaches, who facilitate group discussions, and lead the group through practical coping strategies, mutual problem solving, home safety evaluation, and exercises to improve strength, coordination and balance.

- **PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)**
  An intervention designed for mainly home-bound seniors who have moderate depression. The intervention is conducted in the home of participants in 8 sessions over a 19-week period. This intervention seeks to improve depression outcomes through a structured program of problem-solving therapy and scheduling of pleasurable events. A psychiatrist provides clinical supervision to the PEARLS counselors.

- **EnhanceWellness**
  A one-on-one health-behavior-change coaching program that shows participants how to lower the need for drugs that affect thinking or emotions, lessen symptoms of depression and other mood problems, and develop a sense of great self-reliance. Participants work with trained EnhanceWellness coaches to identify and develop goals about specific health behaviors over a span of 6 months.
9. **Older Americans Act Title VII Elder Abuse Prevention**
AAANF provides Outreach and Education on the problems of elder abuse, neglect and exploitation. Utilizing a variety of approaches and materials, AAANF staff presents information on the reporting of suspected abuse, ways to avoid exploitation and fraud, and services for caregivers who are experiencing stress as it relates to the care of an elder individual.

10. **Emergency Home Energy Assistance for the Elderly Program (EHEAEP)**
EHEAEP is a program that provides vendor payments to assist households with low incomes. At least one person in the residence must be age 60 or above and experiencing a home energy emergency, such as difficulty keeping his/her utilities turned on. The energy emergency could be the receipt of a pending shut-off notice, lack of fuel or wood, or an unusually high utility bill resulting from a very high temperatures in the summer or a very cold winter. The AAA/ADRC serves over 700 households per year.

**DIRECT SERVICE WAIVER REQUESTS**

The Area Agency on Aging for North Florida is requesting a Direct Service Waiver from the Department of Elder Affairs to provide certain evidence-based programs under the **Older Americans Act Title III-D, Health and Wellness Program**. These programs which meet the strict evidence-based criteria to designate them Highest Level are described above in item #7.

By directly coordinating program planning and implementation of approved evidence-based programs, the Area Agency on Aging for North Florida will ensure equality of access to these beneficial programs throughout PSA 2. AAANF will be able to engage in partnerships with professional staff of community resources such as Big Bend Area Health Education Center(AHEC), area hospitals, colleges and universities, rural health
clinics, community health workers and Lead Agencies to successfully deliver the above evidence-based programs; thereby improving the health and quality of life of the participants.

The ability to integrate these wellness programs into the fabric of our local communities is directly dependent on the identification, recruitment, training and coordination of qualified health care and wellness professionals, para-professionals and volunteers throughout the 14-county area of PSA2. The Area Agency on Aging for North Florida, recognized as an Aging and Disability Resource Center and with contractual relationships with Lead Agencies in every community, is in a unique position for accomplishing this. The Direct Service Waiver is essential to accomplishing this goal.
COUNTY DEMOGRAPHIC and FUNDING PROFILES
Demographic Overview (2015)

**Age**
- All ages: 173,292
- 60+: 38,229
- 70+: 18,747
- 80+: 7,235

**Race**
- 60+ White: 34,472
- 60+ Non-White: 3,757

**Income Status**
- 60+ Low-income: 5,154
- 60+ Minority, Low-income: 976

**Disability Status 60+**
- Two or more Disabilities: 3,242
- Est. Cases of Probable Alzheimer's: 3,578

**Grandparents 60+**
- Responsible for grandchildren Under Age 18: 639

Funding Allocation: $1,031,467.79
Demographic Overview (2015)

Age
All ages 14,827
60+ 3,352
70+ 1,707
80+ 603

Race
60+ White 3,008
60+ Non-White 344

Income Status
60+ Low-income 792
60+ Minority, Low-income 161

Disability Status 60+
Two or more Disabilities 412
Est. Cases of Probable Alzheimer’s 310

Grandparents 60+
Responsible for grandchildren Under age 18 177

Funding Allocation: $188,883.83
Demographic Overview (2015)

Age
- All ages: 11,657
- 60+: 3,093
- 70+: 1,495
- 80+: 473

Race
- 60+ White: 2,879
- 60+ Non-White: 214

Income Status
- 60+ Low-income: 588
- 60+ Minority, Low-income: 34

Disability Status 60+
- Two or more Disabilities: 425
- Est. Cases of Probable Alzheimer’s: 260

Grandparents 60+
- Responsible for grandchildren Under age 18: 62

Funding Allocation: $189,408.73
Demographic Overview (2015)

Age
- All ages: 48,312
- 60+: 10,595
- 70+: 4,685
- 80+: 1,668

Race
- 60+ White: 5,820
- 60+ Non-White: 4,775

Income Status
- 60+ Low-income: 2,455
- 60+ Minority, Low-income: 1,571

Disability Status 60+
- Two or more Disabilities: 875
- Est. Cases of Probable Alzheimer's: 865

Grandparents 60+
- Responsible for grandchildren under age 18: 244

Funding Allocation: $487,502.16
Demographic Overview (2015)

Age
All ages 16,212
60+ 4,010
70+ 1,935
80+ 708

Race
60+ White 3,612
60+ Non-White 398

Income Status
60+ Low-income 744
60+ Minority, Low-income 96

Disability Status 60+
Two or more Disabilities 283
Est. Cases of Probable Alzheimer’s 355

Grandparents 60+
Responsible for grandchildren Under age 18 115

Funding Allocation:
$184,096.98
Demographic Overview (2015)

**Age**
- All ages: 20,138
- 60+: 5,086
- 70+: 2,556
- 80+: 888

**Race**
- 60+ White: 4,886
- 60+ Non-White: 200

**Income Status**
- 60+ Low-income: 1,324
- 60+ Minority, Low-income: 88

**Disability Status 60+**
- Two or more Disabilities: 579
- Est. Cases of Probable Alzheimer's: 458

**Grandparents 60+**
- Responsible for grandchildren Under age 18: 44

Funding Allocation: $241,656.42
JACKSON COUNTY
Denease Rhynes, Executive Director

Demographic Overview (2015)

Age
All ages 50,329
60+ 12,000
70+ 6,014
80+ 2,306

Race
60+ White 9,464
60+ Non-White 2,536

Income Status
60+ Low-income 2,595
60+ Minority, Low-income 881

Disability Status 60+
Two or more Disabilities 1,172
Est. Cases of Probable Alzheimer’s 1,144

Grandparents 60+
Responsible for grandchildren Under age 18 261

Funding Allocation:
$449,321.54
Demographic Overview (2015)

Age
- All ages: 14,692
- 60+: 4,047
- 70+: 1,793
- 80+: 640

Race
- 60+ White: 2,954
- 60+ Non-White: 1,093

Income Status
- 60+ Low-Income: 699
- 60+ Minority, Low-Income: 221

Disability Status 60+
- Two or more Disabilities: 364
- Est. Cases of Probable Alzheimer's: 330

Grandparents 60+
- Responsible for grandchildren Under age 18: 276

Funding Allocation: $224,591.54
Demographic Overview (2015)

**Age**
- All ages: 283,218
- 60+: 47,671
- 70+: 20,315
- 80+: 7,682

**Race**
- 60+ White: 37,021
- 60+ Non-White: 10,650

**Income Status**
- 60+ Low-income: 5,099
- 60+ Minority, Low-income: 2,710

**Health Status**
- Two or More Disabilities: 3,192
- Est. Cases of Probable Alzheimer’s: 3,921

**Grandparents 60+**
- Responsible for grandchildren Under age 18: 588

Funding Allocation: $1,280,924.28
Demographic Overview (2015)

**Age**
- All ages: 8,795
- 60+: 1,451
- 70+: 654
- 80+: 226

**Race**
- 60+ White: 1,306
- 60+ Non-White: 145

**Income Status**
- 60+ Low-income: 321
- 60+ Minority, Low-income: 89

**Disability Status 60+**
- Two or more Disabilities: 59
- Est. Cases of Probable Alzheimer’s: 117

**Grandparents 60+**
- Responsible for grandchildren: 48

**Funding Allocation:**
$209,410.03
Demographic Overview (2015)

**Age**
- All ages: 19,530
- 60+: 4,784
- 70+: 2,271
- 80+: 853

**Race**
- 60+ White: 3,395
- 60+ Non-White: 1,389

**Income Status**
- 60+ Low-income: 959
- 60+ Minority, Low-income: 413

**Disability Status 60+**
- Two or more Disabilities: 479
- Est. Cases of Probable Alzheimer's: 434

**Grandparents 60+**
- Responsible for grandchildren: 175

Funding Allocation: $266,374.13
Demographic Overview (2015)

Age
All ages 23,243
60+ 5,694
70+ 2,707
80+ 898

Race
60+ White 4,924
60+ Non-White 770

Income Status
60+ Low-income 1,199
60+ Minority, Low-income 265

Disability Status 60+
Two or more Disabilities 466
Est. Cases of Probable Alzheimer’s 473

Grandparents 60+
Responsible for grandchildren Under age 18 146

Funding Allocation:
$250,332.64
Demographic Overview (2015)

**Age**
- All ages: 31,737
- 60+: 5,877
- 70+: 2,463
- 80+: 772

**Race**
- 60+ White: 5,294
- 60+ Non-White: 583

**Income Status**
- 60+ Low-income: 702
- 60+ Minority, Low-income: 121

**Disability Status 60+**
- Two or more Disabilities: 556
- Est. Cases of Probable Alzheimer's: 426

**Grandparents 60+**
- Responsible for grandchildren Under age 18: 47

Funding Allocation: $229,004.48
Demographic Overview (2015)

**Age**
- All ages: 25,159
- 60+: 5,689
- 70+: 2,788
- 80+: 947

**Race**
- 60+ White: 5,093
- 60+ Non-White: 596

**Income Status**
- 60+ Low-income: 1,167
- 60+ Minority, Low-income: 135

**Disability Status 60+**
- Two or more Disabilities: 671
- Est. Cases of Probable Alzheimer's: 494

**Grandparents 60+**
- Responsible for grandchildren Under age 18: 173

**Funding Allocation:** $264,335.44

WASHINGTON COUNTY
Anita Ingersoll, Executive Director

Alzheimer’s Disease Initiative (ADI)
Community Care for the Elderly (CCE)
Home Care for the Elderly (HCE)
Nutrition Services Incentive Program (NSIP)
Older Americans Act (OAA) IIIB
OAA IIIC1
OAA IIIC2
OAA IIIE